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ABSTRACT

This document consists of informative material on and a copy of a newspaper for adults who are learning to read. The newspaper is designed to help new readers develop reading skills, while providing interesting and relevant information with an adult focus. Local, national, and international news stories as well as information about health, safety, law, government services, and everyday life are simplified by the editor and presented in a four-page tabloid newspaper format. Articles are written at three levels of difficulty, providing entry points to reading for a variety of readers. The newspaper is published monthly from September to May. The informative material discusses development of the newspaper, its objectives, environment, implementation, and evaluation. Teachers' Notes that accompany the newspaper include student activities, exercises, suggested teaching strategies, and resources. The September issue included here contains, as issues often do, a four-page public information supplement on a single topic--medical emergencies. (Recent supplements have dealt with family law, health, banking, food and shopping, citizenship, and children and the law.) (YLB)

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THE WESTCOAST READER

A Newspaper for New Adult Readers

Joan Acosta
Editor, THE WESTCOAST READER
Capilano College
2055 Purcell Way
North Vancouver, B.C.
V7J 3H5

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ABSTRACT

THE WESTCOAST READER is a newspaper for adults who are learning to read. It is designed to help new readers develop reading skills, while providing interesting and relevant information with an adult focus. Local, national and international news stories as well as information about health, safety, law, government services and everyday life are simplified by the editor and presented in a four-page tabloid newspaper format. Articles are written at three levels of difficulty, providing entry points to reading for a variety of readers. The newspaper is published monthly from September to May and is distributed free of charge to English as a second language (ESL) and Adult Basic Education (ABE) classes in community colleges and school boards throughout B.C. and the Yukon. THE WESTCOAST READER is accompanied by Teachers' Notes which offer exercises, activities and teaching suggestions for each issue.

THE WESTCOAST READER

BACKGROUND

At the 1981 Teachers of English as an Additional Language Conference in Vancouver, a group of community college instructors and adult English as a second language (ESL) teachers met to address an expressed need for classroom material which was both current and appropriate for beginning level readers. The possibility of starting a newspaper for adult readers was discussed. A committee was formed to pursue the idea and find funding.

In December, 1981 the first issue of THE WESTCOAST READER was published. A print run of 8,000 copies was distributed to community colleges, school boards and other agencies involved in teaching English as a second language. Funding for the first year was obtained from the Vancouver Foundation and the B.C. Ministry of Education.

In 1982 an ESL instructor at Capilano College was hired as editor. Administration of the newspaper's budget and support services were assumed by the college.

OBJECTIVE

Statistics Canada figures indicate that there are more than 250,000 adults in British Columbia who are functionally illiterate. Some are immigrants who are learning English; others are Canadian-born adults with low reading skills. Most of these adults are unable to read the regular newspaper or to access other public information sources.

THE WESTCOAST READER is designed to serve as a bridge to regular newspapers for those who cannot handle the vocabulary and syntax of the public media. The newspaper is designed to help new readers develop reading skills and confidence while providing interesting and relevant information with an adult focus.

ENVIRONMENT

THE WESTCOAST READER currently has a circulation of 40,000 and an estimated readership of approximately 75,000. The newspaper is distributed free of charge to teachers and tutors involved in teaching English and reading.

The majority of readers are enrolled in English as a second language classes, Adult Basic Education programs or literacy outreach programs. The newspaper goes to every college region of the province and to the Yukon.

IMPLEMENTATION

Current material from B.C. newspapers is selected and rewritten by the editor at three levels of difficulty. The range of readability provides entry points to reading for a variety of learners. Readers often work through the three levels of the newspaper and eventually are encouraged to read a regular newspaper.

Local, national and international news stories are selected for rewriting along with a broad range of topics such as human interest stories, health and safety tips, explanation of government services and other issues which affect the daily lives of adults.

Visuals are an important component of the newspaper. Photos arouse learners' interest and encourage reading. Graphics, maps and charts clarify and expand upon the information learners have read.

THE WESTCOAST READER often includes four-page public information supplements on a single topic. Recent supplements have dealt with family law, health, banking, food and shopping, citizenship and children and the law.

The newspaper is accompanied by Teachers' Notes. Student activities and exercises are prepared for each issue by a different college instructor, teacher or tutor. Suggested teaching strategies and resources are also included in the notes.

EVALUATION

Every two years, the editor of THE WESTCOAST READER designs a questionnaire and sends it out along with the newspaper. Results of the questionnaire are tabulated and published in the Teachers' Notes. Data from the questionnaire help the editor and editorial board evaluate the newspaper and plan future directions.

FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

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(604) 986-5401 (home)

EDITOR'S NOTES

September 1988

LEARNERS' SUPPLEMENT

Please encourage your students to contribute to the supplement. We welcome expression in a variety of forms: writing, photos, cartoons, and illustrations. Please help us make this supplement as interesting and varied as possible.

WRITING OPPORTUNITIES

This issue of the newspaper offers students a number of writing opportunities in addition to the call for submissions for the supplement. Please encourage your students to send in their pet peeves (see Page 3) and to get involved in the pen pal exchange if they are interested in corresponding with other learners across the province.

Joan Acosta

TEACHERS' NOTES

September 1988

PEN PALS (Page 3)

A. Use the pen pal request to help students get to know each other. In pairs, have students write a sample letter after discussing what you can write to a pen pal. Here are some suggestions:

1. Describe yourself and your family.
2. Tell about your interests and hobbies.
3. Describe your home country or your hometown.
4. Tell what you want to be doing five years from now.
5. Ask your pen pal about him/herself.

B. Have students introduce each other to the class using the information collected in A.

MAKING TACO CHIPS (Page 4)

A. Read the story and answer these questions.

1. Who is Luis Mena?

2. Where does he work?

3. What does Luis Mena make?

4. How often does he make them?

5. How does he make taco chips?

6. Why are taco chips crisp?

B. Bring a bag of taco chips to class. Make guacamole from the recipe. Students can taste and discuss: smooth, crisp, spicy. Compare potato chips, taco chips, pappadums, and other crisp, salty snack foods.

LOOKING INSIDE DINOSAUR EGGS (Page 2)

True or False?

1. Scientists from Canada and Korea are studying dinosaurs. _____

2. Many dinosaur bones have recently been found in Alberta and Montana. _____

3. Each dinosaur nest has 20-30 eggs. _____

4. The eggs were laid 75 million years ago. _____

5. An embryo is usually very big. _____

6. Scientists study dinosaur eggs to help them answer questions about dinosaurs. _____

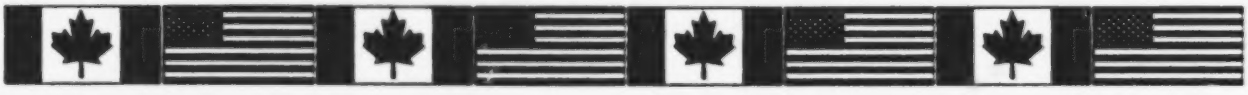
THE RIGHT TO VOTE (Page 4)

Discuss in small groups, in pairs or as a class.

1. The voting age is now 18 years. Do you think children should have the right to vote. Why yes or no?

2. Should landed immigrants have the right to vote? Why yes or no?

3. Who has the right to vote in your home country? Do you agree?



U.S. ELECTION IN NOVEMBER (Page 1)

A. Which words are about U.S. politics? Which words are about Canadian politics? Write "U.S." or "Canada"by each word.

George Bush	_____	Vice President	_____
Liberal Party	_____	Parliament	_____
Republican Party	_____	state	_____
Conservative Party	_____	New Democratic Party	_____
Prime Minister	_____	Congress	_____
Brian Mulroney	_____	Governor	_____
John Turner	_____	President	_____
Democratic Party	_____	Premier	_____
Michael Dukakis	_____	Ed Broadbent	_____

PROTECTING YOUR HOME (Page 2)

A. An adjective tells you something about a noun. For example:
a beautiful city, the young man, the old dress. Use these adjective to complete the sentences below.

basement
strong
unanswered
outside
unlocked
weak
important

1. The burglar entered through the _____ window.

2. Remember to turn on the _____ lights at night.

3. The _____ garage was full of valuable tools.

4. Our new front door has a _____ frame.

5. Mr. Mason keeps all his _____ papers in a safety deposit box.

6. An _____ telephone is a sure sign no one's at home.

7. It's easy to kick open a door with a _____ lock.

Can you find any other adjectives in the article?

B. Role play preparations for a trip between a husband and wife. Try to use the following: Did you...? Will you...? Can you...? Remember to... Don't forget to...

These notes were prepared by Alice Kilian,
Adult ESL, Vancouver School Board.

FIRST AID COURSES GOOD FOLLOW UP

The first aid information in this supplement is provided to help students learn and review their knowledge of emergency first aid. The best way for students to follow up and solidify this knowledge is by taking a hands-on first aid course.

—Joan Acosta

TEAMWORK: Tic-Tac-Toe

1. Make two teams: X and O.

2. One member of Team X chooses a word and makes a sentence. If it is correct, write an X on the word.

3. Then a member of Team O chooses a word and makes a sentence. If it is correct, write an O on the word.

4. The first team with a straight line of X's or O's wins.

bleeding	**burn**	**choking**
ambulance	**bandage**	**emergency**
medicine	**breathing**	**fire**

fall	**accident**	**poison**
doctor	**break**	**X-ray**
cast	**hospital**	**safe**

TEAMWORK: Using new words

1. Make two teams.

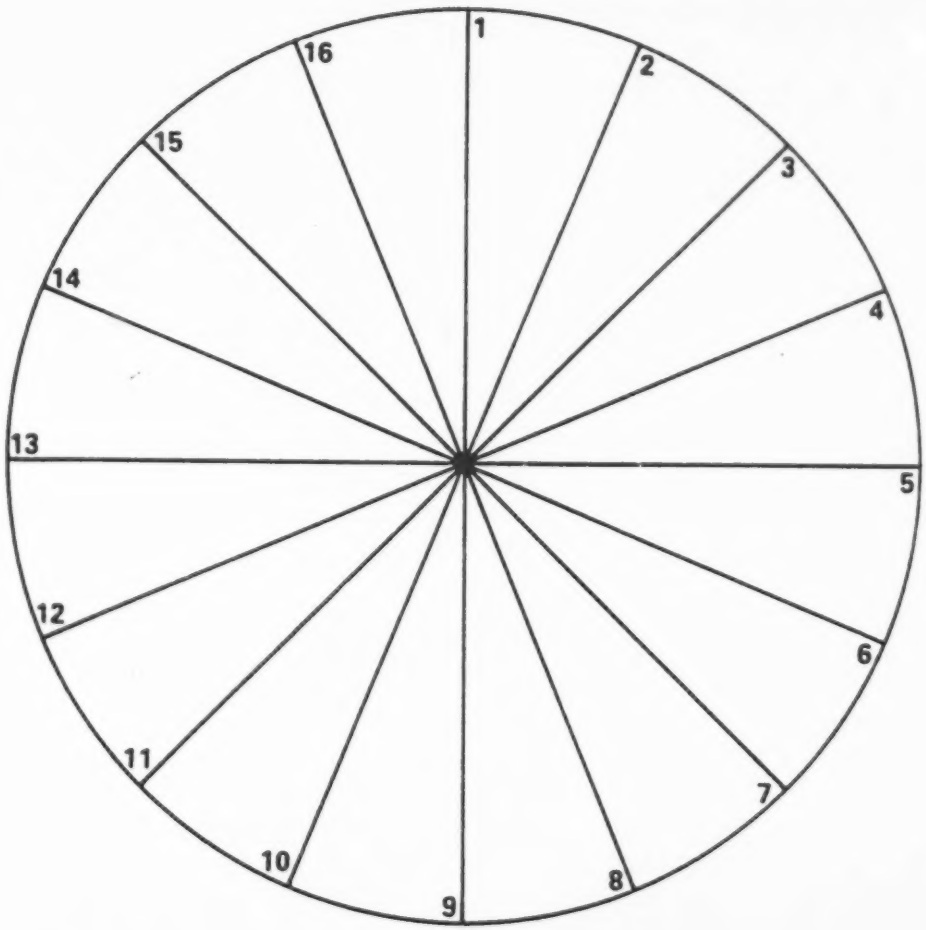
2. Each team chooses 16 words from the medical emergency supplement and writes one word in each space below.

3. A member of Team A chooses a number from 1-16.

4. A member of Team B says his/her word for that number.

5. A member of Team A uses that word in a sentence or question. If it's correct, Team A gets one point.

6. Take turns choosing a number and making sentences.



PAIRWORK: Calling an Ambulance

Work with a partner. Put the sentences in order to make a dialogue about calling an ambulance in an emergency. The first one is done for you.

Yes, he is.

An ambulance is on the way.

1. Police, Ambulance, Fire.

It's a house.

G — A — R — C — I — A.

It's 2954 Oak Street.

Is your father breathing ?

What's your telephone number ?

What's the address ?

I need an ambulance.
My father just had a heart attack.

It's 294-5566.

What's the problem ?

Please spell your last name.

Is that a house or an apartment ?

2. This is Juan Garcia.

PAIRWORK: Filling out an emergency hospital form

Work with a partner.

1. Each student writes a brief description of a medical emergency. Include the time, date, and cause of the emergency.

2. Student A takes the part of a nurse. Student B takes the part of a patient. The nurse asks the questions and fills in the hospital admission form below.

3. Now reverse the roles using another copy of the admission form.

Note: You may want to divide this exercise into two or three lessons if students find it difficult.

EMERGENCY DEPARTMENT

1. MR.
2. MRS.
3. MISS
4. BABY

PATIENT'S NAME
Surname Given Names

DATE & TIME OF ADMISSION | HOUR | DAY | MONTH | YEAR

SEX | AGE | DATE OF BIRTH (DAY / MONTH / YEAR)

PATIENT'S ADDRESS
Number Street City Zone Prov.

MEDICAL PLAN NUMBER | HOW LONG IN B.C.?

TELEPHONE NO. | PHYSICIAN

MARITAL STATUS | SINGLE | M. | W.D. | SEP | RELIGION | IS PATIENT A DEPENDANT? | YES | NO

RESPONSIBLE FOR PAYMENT → | BCHIS | WCB | SELF | OTHER

IF SELF OR OTHER SPECIFY

NEAREST RELATIVE | RELATIONSHIP | RELATIVE NOTIFIED | YES | NO

RELATIVE'S ADDRESS | TELEPHONE NUMBER

OCCUPATION AND EMPLOYER

EMPLOYER'S ADDRESS

HISTORY

HOUR OF ACCIDENT | DATE OF ACCIDENT | HOW BROUGHT IN | BY WHOM

NATURE OF ACCIDENT OR ILLNESS

PLACE OF ACCIDENT | POLICE AWARE | YES | NO

CAUSE OF ACCIDENT

INFORMATION TAKEN BY:

Guide to Tutoring Adult ESL Students

Jennifer House, with Myrna Rabinowitz

This 96-page manual describes how to assess the entry level needs of adult ESL students and provides techniques for dealing with those needs. Chapter topics include speaking, listening, reading, writing, the sound system and lesson planning.

Guide to Tutoring Adult Literacy Students

Joyce Cameron, with Myrna Rabinowitz

This 96-page manual describes techniques for tutors to use in teaching reading, writing and spelling to adult literacy students. It also contains chapters on assessment, lesson planning and the roles of tutors and learners.

To order these guides, contact the Ministry of Advanced Education and Job Training, Provincial Curriculum Publications, c/o Open Learning Agency, Order Desk, P.O. Box 94,000, Richmond, B.C. V6Y 2A2. Tel: 660-2190.

ESL 003, ESL 004

Open Learning Agency (OLA)

The courses are designed for home study with a tutor on the telephone. They can also be used for guided independent study in other contexts. These two courses are for Upper Beginners and build on ESL 001 and ESL 002.

To register for home study with a tutor, call 660-2221, long distance toll free 1-800-663-9711 or write to Mary Selman, ABE Coordinator, Open College, 7671 Alderbridge Way, Richmond, B.C. V6X 1Z9. To purchase the course package contact Deborah Somers at 660-2190, long distance toll free 1-800-663-9711.

Adult Literacy Resource Information Package

B. Bate and C. Layne (ed.)

A compilation of adult reading, writing, computer assisted and newspaper materials for 0-8 (Basic Literacy) collected from literacy instructors in the field.

To order, phone or write: Adult Literacy Contact Centre, 11091 72nd Avenue, Delta, B.C. V4E 1Y4. Tel: 594-0664.

Bilingual Guide to Legal Terms

MOSAIC

Ninety key legal terms dealing with immigration law and family law are explained in two languages, English and Chinese and English and Spanish. The guide is appropriate for advanced level ESL students.

To order contact MOSAIC, 1720 Grant St., Vancouver, B.C. V5L 2Y7. Tel: 254-9626. Specify which language combination you wish. MOSAIC will provide one free copy. It may be possible to obtain additional copies by speaking to someone at MOSAIC.

Directory of ABE Programs in B.C.

The revised (1988) directory of programs in B.C. lists Adult Basic Education (ABE), English as a second language (ESL) and Adult Special Education (ASE) as well as some private practices that offer upgrading and literacy classes.

Cost is $10.00 per copy. To order, phone or write: Adult Literacy Contact Centre, 11091 72nd Avenue,. Delta, B.C. V4E 1Y4. Tel: 594-0664.

It's Your Right!

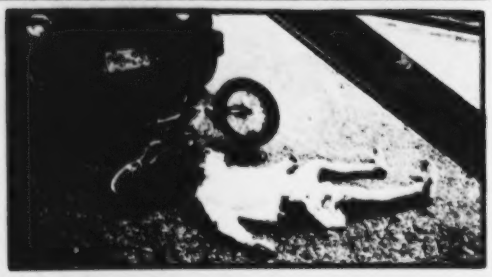
Jill Bell and Marjatta Holt

A case studies approach to human rights dealing with issues of discrimination such as employment rights, equal pay, tenant rights and sexual harassment. Exercises designed for language skills practice follow each case study. The material is designed to be used with ABE students and can also be used with intermediate ESL learners.

The publication is available free of charge from the Human Rights Directorate, Department of the Secretary of State, Ottawa, Ontario K1A 0M5.

THE WESTCOAST READER

Volume 8 ■ Number 1 ■ September 1988



B.C. has new lieutenant-governor

Lieutenant-governor Lam

British Columbia has a new lieutenant-governor. He is David Lam.

Lam is the Queen's representative in B.C. The prime minister chose Lam for the job.

The lieutenant-governor signs bills into law. He reads the throne speeches in the B.C. legislative assembly. He also goes to many ceremonies and celebrations around the province.

David Lam, 64, came to Canada from Hong Kong 20 years ago. He was a banker in Hong Kong. In Canada he bought and sold real estate. Lam has donated millions of dollars to B.C.'s three universities. He has also given money to many charities.

The lieutenant-governor says he is looking forward to his new job.

lieutenant—loo-TEN-ant
or lef-TEN-ant

SEOUL '88

THE XXIV OLYMPIC GAMES

The Summer Olympics are in Seoul, South Korea. The Games are September 17 - October 2.

There will be about 13,000 athletes from 167 countries. The athletes will compete in 23 sports. There are two new sports this year. They are tennis and table tennis.

The last Summer Olympic Games were in Los Angeles in 1984. Canada won 10 gold medals.

SOME OF CANADA'S BEST

1 BEN JOHNSON
TRACK: Men's 100 metres

2 LYNN WILLIAMS
TRACK: Women's 1,500 and 3,000 metres

3 CURTIS HIBBERT
Men's gymnastics

4 IAN MILLAR and BIG BEN
Equestrian jumping

5 ALLISON HIGSON
SWIMMING: Women's 200-metre breaststroke

Michael Dukakis

George Bush

U.S. election in November

November 8 is Election Day in the United States. American voters will elect a new president and vice-president. They will also elect members of Congress.

There are two important political parties in the U.S. They are the Republican Party and the Democratic Party.

The Republican Party's candidate for president is George Bush. He has been the vice-president of the U.S. since 1981.

The Democratic Party's candidate for president is Michael Dukakis. He has been the governor of the state of Massachusetts for eight years.

Michael—MY-kul
Dukakis—doo-KAH-kus
Massachusetts—mass-ah-CHEW-setts

Protecting your home

In Canada, there is a burglary about every three minutes. Police say no home is 100% safe from burglars, but there are some things you can do to make your home safer. Use this checklist to find out how safe your home is.

☐ Do you keep doors and windows locked? What about garage and basement doors? Many burglars enter homes through an unlocked garage or basement door.

☐ Are outside doors strong? Do they have strong frames, hinges, and locks? Burglars can easily kick open a weak door.

☐ Do all doors have outside lights?

☐ Are bushes and trees around the house trimmed so burglars can't hide there?

☐ Do basement windows have bars or locks? Burglars often use basement windows to get into a house.

Photo courtesy THE VANCOUVER SUN

One hard kick can break some door locks.

What about when you are away on vacation? Here are some tips.

- Stop your mail and newspaper or have a neighbor collect them every day.
- Use timers on lights, radio, and TV.
- Turn down the ringer on your telephone. An unanswered telephone is a sure sign no one is home.
- Have someone mow your lawn or shovel the snow on your walk.
- Put valuables and important papers in a bank safety deposit box.

READERS WRITE

The November issue of THE WESTCOAST READER will have a special supplement. The supplement will have stories, poems, cartoons, and photos by readers. This is your chance to see your work in print. Send your writing, artwork or photographs to the editor before October 15.

Send to:
Jean Acorn
THE WESTCOAST READER
Capilano College
2055 Purcell Way
North Vancouver, B.C.
V7J 3H5

NEWFOUNDLAND

CANADIAN ESKIMO DOG

Photo courtesy THE PROVINCE

NOVA SCOTIA DUCK TOLLING RETRIEVER

TAHLTAN BEAR DOG

Native B.C. dog on new stamp

Canada Post's new stamps honor four native Canadian dogs. They are the Newfoundland, the Nova Scotia duck tolling retriever, the Eskimo dog, and the Tahltan bear dog.

The Tahltan bear dog is from British Columbia. This breed of dog is extinct. The last pure Tahltan bear dog died in 1982.

The Tahltan people of northern B.C. used the dog to hunt bears. The dogs would bark at a bear and bite at the bear's nose and tail. This gave the hunter a chance to sneak up and kill the bear.

In the 1800s native hunters started to use guns. Tahltan hunters probably stopped using the dogs at this time.

This is a cast of a real dinosaur embryo. Scientists found the embryo inside a dinosaur egg. The egg is about 75 million years old.

Looking inside dinosaur eggs

Many scientists in Canada and the United States are studying dinosaurs.

Recently scientists have found a number of dinosaur nests in Alberta and Montana. Most of the nests have 10 to 20 eggs. Dinosaurs laid the eggs more than 75 million years ago.

Scientists use X-rays to look inside the eggs. They have found tiny (15cm) dinosaur embryos in some of the eggs.

Scientists have many questions about dinosaurs. Were dinosaurs warm-blooded or cold-blooded? Did some dinosaur mothers stay near the nests and feed their babies? Are dinosaurs the ancestors of birds?

By studying dinosaur eggs and nests, scientists hope to find answers to some of these questions.

Pen Pals

Dear Editor:

I began to receive your newspaper in November 1987 and I am enjoying it very much. I was wondering if there are other people like me who are learning to read and would like a pen pal. If anyone is interested in a pen pal, please write to me.

Irene Beauchamp
13-98 Okanagan Avenue East
Penticton, B.C.
V2A 3J5

***Editor's Note:** If you want a pen pal, write to THE WESTCOAST READER. Send your name, address, and the name of your school or program. We will publish the names and addresses of people who want pen pals.*

Taking care of children's teeth

Years	Care
[illegible]	■ Wipe baby's teeth and gums with a soft, [illegible] cloth.
1-2	■ Brush child's teeth every day. Use a soft toothbrush and fluoride toothpaste.
2-3	■ Brush and floss child's teeth every day. ■ Begin to teach child to brush. ■ Take child to dentist for the first visit.
3-6	■ Help child to brush and floss every day. ■ Take child to dentist twice a year.
[illegible]	■ [illegible] child to brush and floss every day. ■ [illegible] child to dentist immediately [illegible]

BEDTIME BOTTLES

Some parents give their babies a bottle of juice, milk, or formula at bedtime. The liquid collects around the child's front teeth and can cause cavities. Try not to put your baby to bed with a bottle. If you must give the baby a bottle, use plain water only.

Zookeeper loves animals

★

Laura Benevoli
is a zookeeper.
She works
at the zoo
in Stanley Park.

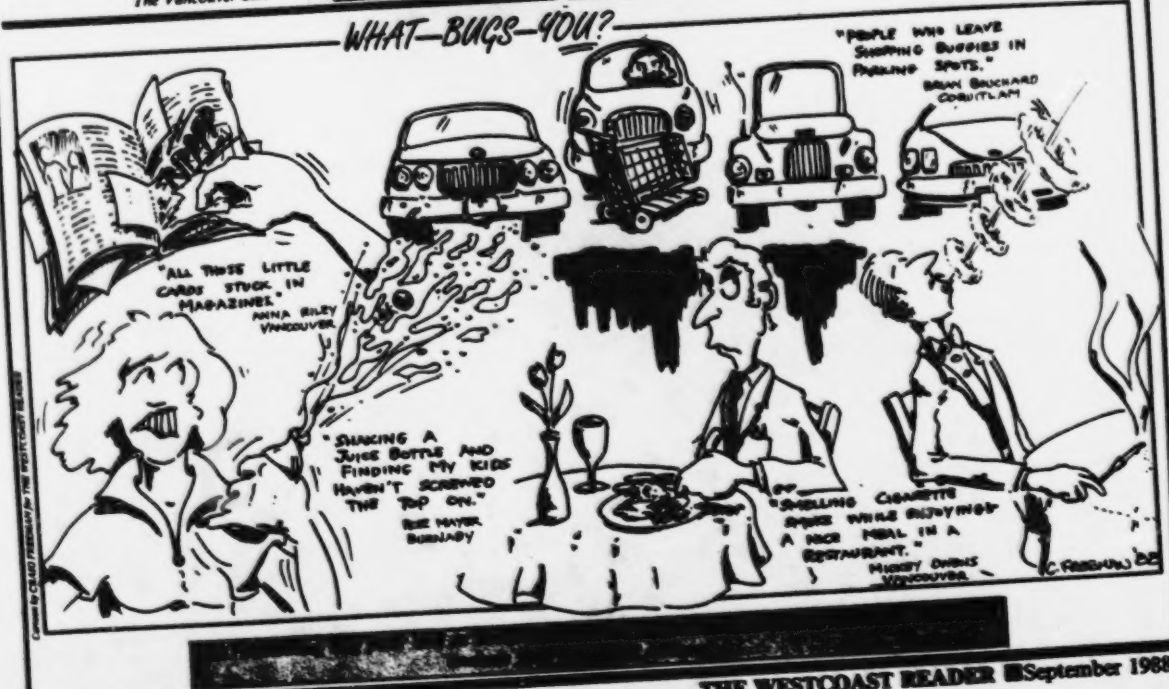
Benevoli looks after
the snakes, seals, and penguins.
She feeds the animals
every day.
She also cleans
their cages.

Laura Benevoli
likes the penguins best.
"There's just something
about penguins I like,"
she says.

The Vancouver Sun

Photo courtesy THE VANCOUVER SUN

Laura Benevoli


WHAT—BUGS—YOU?
"ALL THOSE LITTLE CARDS STUCK IN MAGAZINES."
ANNA RILEY VANCOUVER
"SHAKING A JUICE BOTTLE AND FINDING MY KIDS HAVEN'T SCREWED THE TOP ON."
SUE MYER BURNABY
"PEOPLE WHO LEAVE SHOPPING BUGGIES IN PARKING SPOTS."
BRIAN BUCHARD COQUITLAM
"SMELLING CIGARETTE SMOKE WHILE ENJOYING A NICE MEAL IN A RESTAURANT."
HARRY DENNIS VANCOUVER
Cartoon by CHUCK FREEDMAN for THE WESTCOAST READER

4

THE RIGHT TO VOTE

In the past, many people in Canada could not vote. The dates below show how voting laws in Canada have changed over the years.

The right to vote in federal elections

1920	Men who did not own property could vote in federal elections.
1960	Inuit could vote in federal elections.
1970	The voting age was lowered from 21 to 18 years.

Can you vote in the next election?

Many people think there will be a federal election soon. Voting is an important responsibility. Can you vote in the next election? To vote in a federal election:

- you must be a Canadian citizen.
- you must be 18 years or older.
- you must be on the voters' list.

How do you get on the voters' list?

After the government calls an election, enumerators will visit homes in every part of Canada. They will write down the names of the people in each home who can vote. If you are on the list, you will receive a card in the mail. The card is called a Record of Name Form. If you do not receive a card, don't worry. You can still vote on Election Day. You can vote by taking an oath at the polling station.

If you have any questions about voting, call this toll free number 1-800-267-VOTE.

Luis Mena makes taco chips.

Making taco chips

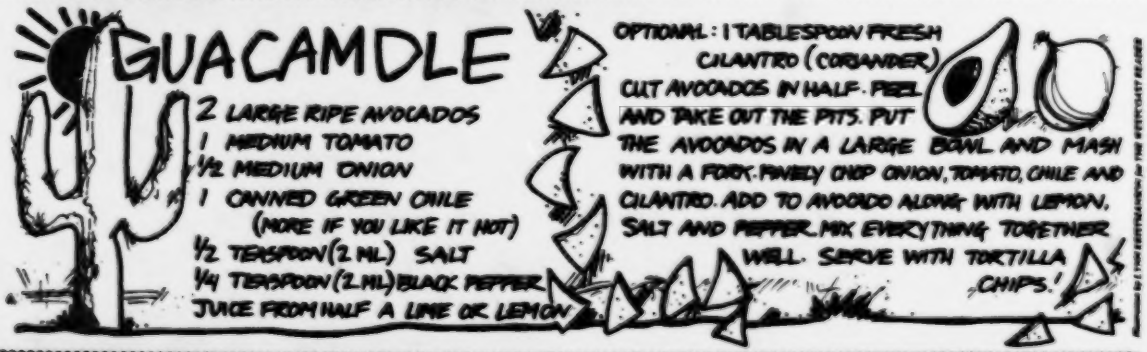
★

Luis Mena
works in a Mexican food store
in Vancouver.

Every day
Mena makes taco chips.
First he cuts
corn tortillas
into small triangles.
Then he fries
the triangles in hot oil.
The taco chips
are crisp.

Mena says
taco chips
are delicious
with guacamole.

Luis—lwhees
Mena—MEH-nah
tortilla—tor-TEE-ya
guacamole—wah-kah-MOH-leh


GUACAMOLE
2 LARGE RIPE AVOCADOS
1 MEDIUM TOMATO
½ MEDIUM ONION
1 CANNED GREEN CHILE (MORE IF YOU LIKE IT HOT)
½ TEASPOON (2 ML) SALT
¼ TEASPOON (2 ML) BLACK PEPPER
JUICE FROM HALF A LIME OR LEMON
OPTIONAL: 1 TABLESPOON FRESH CILANTRO (CORIANDER)
CUT AVOCADOS IN HALF. PEEL AND TAKE OUT THE PITS. PUT THE AVOCADOS IN A LARGE BOWL AND MASH WITH A FORK. FINELY CHOP ONION, TOMATO, CHILE AND CILANTRO. ADD TO AVOCADO ALONG WITH LEMON, SALT AND PEPPER. MIX EVERYTHING TOGETHER WELL. SERVE WITH TORTILLA CHIPS!

WESTCOAST READER
September 1988
SPECIAL PULLOUT SECTION

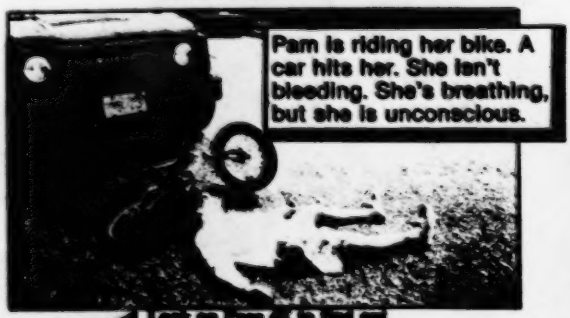
MEDICAL EMERGENCIES

EMERGENCY! Do you know what to do?

Kathy is eating dinner. Suddenly, she grabs her throat. She can't speak. She can't get air in or out.

Kim is playing with her father's keys. She crawls to an electric socket. She puts the keys in the socket.

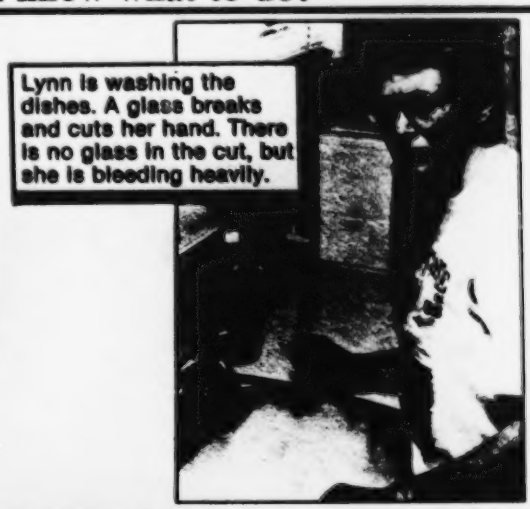
Ann falls down the basement stairs. She feels pain in her back and neck.



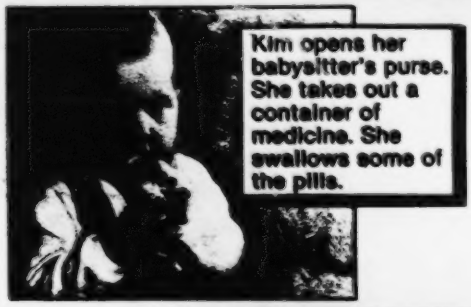
Pam is riding her bike. A car hits her. She isn't bleeding. She's breathing, but she is unconscious.

Look on Page 21 to find out what to do in each emergency.

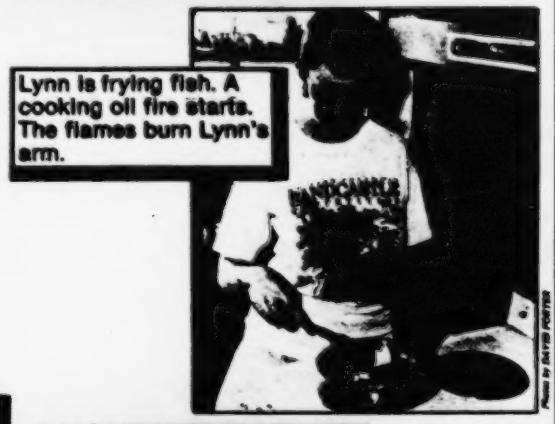
Special thanks to Lynn, Bruce, Amy, and Zoe Chisholm and to Erin Porter.



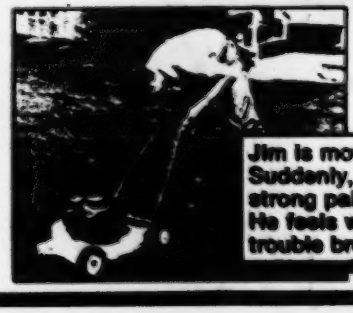
Lynn is washing the dishes. A glass breaks and cuts her hand. There is no glass in the cut, but she is bleeding heavily.



Kim opens her babysitter's purse. She takes out a container of medicine. She swallows some of the pills.

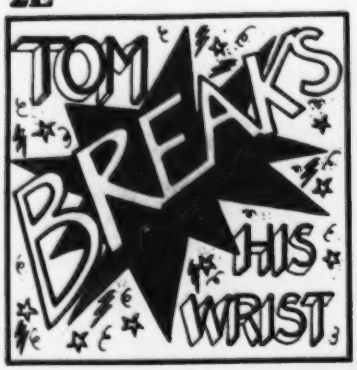


Lynn is frying fish. A cooking oil fire starts. The flames burn Lynn's arm.



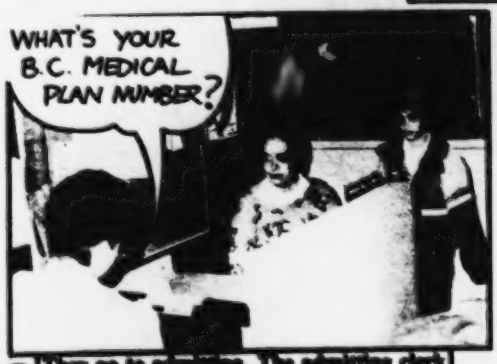
Jim is mowing the lawn. Suddenly, he feels a strong pain in his chest. He feels weak and has trouble breathing.

2E

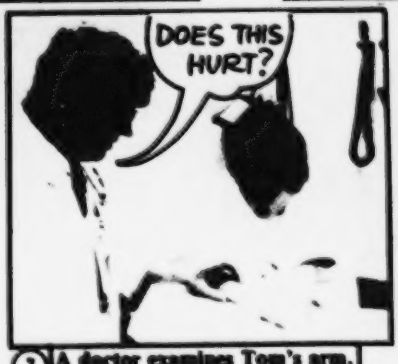


1 Tom Newman and his class are playing in the school gym.

2 Tom falls on his arm. He has a lot of pain.



6 They go to admitting. The admitting clerk asks some questions.



7 A doctor examines Tom's arm.

8 A nurse takes Tom get some X-rays

12 The doctor says Tom may have some pain. He gives Mrs. Newman a prescription. He tells her to bring Tom back in six weeks.

13 Tom and his mother go to the pharmacy.

14 The pharmacist fills the

Q&A

Questions and Answers about Hospital Emergencies

Q How much does an ambulance cost?

A In many cities in B.C. an ambulance ride costs about $35 for the first 40 kilometres.

Q I have extended (extra) medical insurance at work. Will this pay for the ambulance?

A Many extended medical insurance plans will pay for this cost.

Q Is there a charge for emergency hospital care in B.C.?

A No. If you have B.C. medical insurance, this service is free.

Q The admitting clerk asked for the name of my next of kin. What does that mean?

A Your next of kin is your nearest relative. This person can be a parent, brother, sister, or adult child. If you don't have a close relative, you can give the name of a friend.

Q What is a consent form?

A This form gives the hospital permission to treat a patient. If a patient can't sign, the next of kin can sign. A parent or next of kin signs for a child.

Q How long do you usually have to wait in Emergency?

A Sometimes Emergency is very busy. Patients may have to wait a long time. The staff decides who needs help first. It's a good idea to have a friend or family member stay with a patient in Emergency.

Q Can I get a translator if I need one?

A Some B.C. hospitals can get translators for certain languages. If you know you will need translation help, it's a good idea to bring someone with you to Emergency.

The school principal takes Tom to Emergency.

4 The school secretary phones Tom's mother.

5 Mrs. Newman meets Tom at Emergency.

8 A technician takes X-rays of Tom's arm.

10 The doctor says Tom has a broken wrist. He puts a cast on Tom's arm.

11 The doctor puts Tom's arm in a sling.

prescription.

15 Tom and his mother return to the hospital.

16 The doctor takes off the cast.

17 Tom takes the cast home as a souvenir.

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Photos by Bob Herron, Kwantlen Community College

ARE YOU PREPARED FOR A MEDICAL EMERGENCY?

1. Do you have your B.C. medical card with you?
2. Do you know your doctor's name and phone number?
3. Are you taking any medicine? Do you know the name of the medicine?
4. Do you have any special medical problems such as diabetes, epilepsy, or heart problems?
5. Do you know if you are allergic to any medicines?

In some cities and towns you can call 911 for all emergencies. In other places there are different phone numbers for ambulance, fire, and poison control.

Look up emergency numbers in the phone book. Write the numbers on this form. Cut out the form. Keep the numbers near your phone.

If you can't find the number quickly, dial 0. The operator will help you.

Teach your children how to make emergency calls.

FOR SERIOUS
EMERGENCY!

FIRE	
POLICE	
AMBULANCE	
POISON CONTROL	
THIS ADDRESS	
THIS TELEPHONE	

CHOKING

1. If you are alone, don't stop to phone for help. If someone else is there, have that person call an ambulance.
2. Stand behind her. Put your fist just above her navel. Keep your thumb against her body. Put your other hand over your fist. Press hard in and up under the rib cage. Repeat until the food comes out.

Accident Prevention

- Cut food into small pieces.
- Try not to laugh or talk while you have food in your mouth.

ELECTRIC SHOCK

1. Separate the baby from the current. Use a broom handle, pillow, or other non-metal object. Do not use your bare hands.
2. Call an ambulance.
3. Check for breathing. If the baby is not breathing, start mouth-to-mouth breathing.

Accident Prevention

- Put safety guards in all electric sockets.
- Check electric cords. Are any cords frayed? Replace frayed cords.

FALLS

1. Don't let her get up. Don't try to move her. She may have a spinal injury.
2. Call an ambulance.
3. Help her to relax. The ambulance attendant will tell you if it's safe to move her.

Accident Prevention

- Don't leave toys or other objects on stairs.
- Fix broken stairs, handrails or loose carpeting.
- Turn on lights when you use the stairs. Don't carry large loads up and down the stairs.

ROAD ACCIDENT

1. Don't move her unless necessary. Leave her in the recovery position. (Never leave an unconsious person on her back. Her tongue can block the airway or she can choke on blood or other fluids.)
2. Call an ambulance.
3. Check breathing. If she stops breathing, begin mouth-to-mouth breathing.

RECOVERY POSITION

Accident Prevention

- Know bike safety rules. Make sure your children know these rules too.
- Always wear a helmet when you ride a bicycle.

BLEEDING

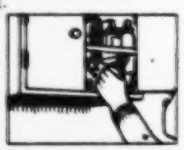
1. Use a clean bandage or cloth. Press the bandage on the cut.
2. Raise the hand to slow the flow of blood.
3. If blood soaks through the bandage, add more bandages. Don't take off the bottom bandages.
4. Get medical help while you try to stop the bleeding.

Accident Prevention

- Have a first aid kit handy. Make sure the kit has lots of bandages or clean cloths.
- Always use knives with care. Keep knives and scissors out of the reach of children.

POISONING

1. Take the container to the phone and call Poison Control. The person at Poison Control will ask you some questions. For example: What is the exact brand name of the medicine? How much does the baby weigh? How many tablets did she swallow?
2. The person at Poison Control will tell you what to do. Follow the instructions carefully.
3. Poison Control may tell you to take the child to emergency. Take the container of medicine with you.



Accident Prevention

- Keep all medicines and cleaners locked up.
- Don't store poisonous liquids in old juice or pop bottles.
- Don't tell children medicine is "candy".
- Keep your purse out of the reach of small children.

BURNS

1. Don't panic. Slide a lid or cookie sheet on the pan. Turn off the burner. Don't pick up the pan. Don't put water or flour on a cooking oil fire.
2. Put the burn in cold water for about 15 minutes or until the pains stops. Cover with a light bandage. Don't use butter or greasy ointments on a burn.
3. Is the burn larger than a quarter? Is it blistered or black? Go to emergency.

Accident Prevention

- Don't wear long, loose sleeves when you are cooking. They can catch fire.
- Carefully control the temperatures of frying pans.
- Have a fire extinguisher in the kitchen. Make sure you know how to use it.

HEART ATTACK

1. Place him in a comfortable position. Loosen clothing. Check for breathing. If he stops breathing, start mouth-to-mouth breathing.
2. Call an ambulance. Heart attack victims often say they do not need help. Call an ambulance anyway.

Prevention

- Don't smoke.
- Watch your weight.
- Exercise regularly.
- Cut back on salt and fat in your diet.
- Control high blood pressure.
- Don't overdo chores such as mowing the lawn, shovelling snow or chopping wood.